

Table 1. Demographic characteristics of the study population	
Age (years)	50.0 ± 10.0
Gender	
Male	50 (50.0%)
Female	50 (50.0%)
Marital status	
Married	40 (80.0%)
Single	10 (20.0%)
Education level	
High school or less	10 (20.0%)
College	30 (60.0%)
Postgraduate	10 (20.0%)
Occupation	
White collar	30 (60.0%)
Blue collar	20 (40.0%)
Income (USD/month)	
< 1000	10 (20.0%)
1000-2000	20 (40.0%)
> 2000	20 (40.0%)
Smoking status	
Smoker	10 (20.0%)
Non-smoker	40 (80.0%)
Alcohol consumption	
Regular	10 (20.0%)
Occasional	20 (40.0%)
Never	20 (40.0%)
Family size	
1-2	10 (20.0%)
3-4	20 (40.0%)
> 4	20 (40.0%)
Health insurance	
Yes	40 (80.0%)
No	10 (20.0%)
Comorbidities	
Hypertension	10 (20.0%)
Diabetes	10 (20.0%)
Cholesterol	10 (20.0%)
Obesity	10 (20.0%)
Depression	10 (20.0%)
Anxiety	10 (20.0%)
Other	10 (20.0%)

5

5